

Breastfeeding Resources for Participants

Stock #	Participant Resources
13-14 (Bilingual)	<i>Thinking About the Baby? Think About Breastfeeding</i> Shows the stages of pregnancy (3/00). Order from TDH Warehouse. Use AG-30 form.
13-17 (Bilingual)	<i>Breastfeeding...the Gift of Love</i> Fully illustrated and shows correct positioning and latch-on and information on how often to nurse (5/99). Order from TDH Warehouse. Use AG-30 form.
13-22 (English) 13-22a (Spanish)	<i>Breastfeeding Basics, Getting Started</i> Illustrates how to start and end breastfeeding, how often and how long to feed your baby, positions, and how to tell if the baby is getting enough to eat and suggestions for what items to take to the hospital (6/99). Order from TDH Warehouse. Use AG-30 form.
13-24 (English) 13-24a (Spanish)	<i>Breastfeeding Basics, Collecting and Storing Your Milk</i> Illustrates collecting your milk and proper storing of milk, how to continue to breastfeed when returning to work or school (1/00). Order from TDH Warehouse. Use AG-30 form.
13-25 (Bilingual)	<i>I'm a Breastfed Baby</i> 6"x4" Hospital crib card gives feeding instructions to the nursing staff and mom about how often baby needs to nurse and how to tell if baby is getting enough to eat. Also provides the breastfeeding information 1-800 telephone number (6/99). Order from TDH Warehouse. Use AG-30 form.
13-28 (Bilingual)	<i>Tips for Caring for the Breastfed Baby in Day Care</i> Suggestions for parents and nursery caregivers about breastfeeding baby while at day care (9/00). <i>Order from WIC Warehouse. Use Texas WIC Materials Order Form.</i>
13-46 (English) 13-46a (Spanish)	<i>Mother's Milk for Premature Babies</i> Tips to help give premature babies the best possible start (3/99). Order from <u>WIC Warehouse</u> . Use Texas WIC Materials Order Form.

Appendix K (cont'd)

Stock #	Participant Resources
13-53 (Bilingual)	<p><i>Especially For Dads! Getting to Know Your New Baby</i> Gives tips to dads on bonding with their babies and how to be a part of the breastfeeding experience. Once this supply has been depleted, this brochure will be replaced with the new version titled <i>Dads!</i> Order from TDH Warehouse. Use AG-30 form.</p>
13-101 (English) 13-101a (Spanish)	<p><i>Family Planning and Breastfeeding: A Powerful Way to Protect Your Family</i> Information and resources on family planning and birth-control methods (7/00). Order from TDH Warehouse. Use AG-30 form.</p>
13-102 (English) 13-102a (Spanish)	<p><i>Let's Talk About Teen Moms and Breastfeeding</i> Provides information, resources, and benefits for teen parents who breastfeed (7/99). Order from TDH Warehouse. Use AG-30 form.</p>
13-133 (Bilingual)	<p><i>Dad's Role in Supporting Breastfeeding</i> Gives Dad tips on how they can support mom and breastfeeding their newborn infant (01). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-162 (Bilingual)	<p><i>Breastfeeding Facts</i> Gives facts why breastfeeding is best for infants and small children, for mothers, for families, and for the world (10/99). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-184 (English) 13-184a (Spanish) 13-184v (Vietnamese)	<p><i>Breastfeeding: The Best Choice</i> Recommendations that infants be breastfed for at least the first 12 months of life. Every baby needs love, protection and nourishment and breastfeeding provides all of these things (2/01). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-06-10128 (English) 13-06-10128a (Spanish)	<p><i>Very Important WIC Parent Certificate</i> A certificate that congratulates a participant for breastfeeding her baby (2/02). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>

Appendix K (cont'd)

Stock #	Participant Resources
13-06-10830 (English) 13-06-10830a (Spanish)	<p><i>Identification Card: License to Breastfeed in Public</i> (10/00) Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form. This wallet-sized card contains a brief summary of Texas House Bill 359 which legally protects a woman's right to breastfeed her baby in public places.</p>
13-06-10954 (English) 13-06-10954a (Spanish)	<p><i>An Instructional Guide for Giving Your Baby the Best</i> Provides important information every mother needs to know about breastfeeding. It includes photos and how-to's on positioning, latch-on, milk-transfer signals, engorgement, hunger and satiety cues, sleepy babies, how to tell if a baby is getting enough to eat, growth spurts, nipple soreness, and when and who to call for help (10/01). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-06-11234 (English) 13-06-11234a (Spanish)	<p><i>Feeding Your Premature Baby</i> Feeding guidelines for premature babies, birth through one year (10/01). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-06-11236 (English) 13-06-11236a (Spanish)	<p><i>Weaning Your Baby From the Breast</i> Encourages mothers to continue breastfeeding, but offers helpful information on weaning. Designed to support self-paced lesson SP-000-11 (1/02). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form</p>
13-06-11288 (English) 13-06-11288a (Spanish)	<p><i>Just for Grandparents</i> This brochure is targeted to grandparents and discusses the benefits of breastfeeding to baby and mom, how to tell if your grandbaby is getting enough to eat, milk production, and ways to be supportive of breastfeeding. A "Grandparents Creed" reminds grandparents of the importance of their role in the family (2/02). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
13-06-11289 (English) 13-06-11289a (Spanish)	<p><i>Nursing More Than One</i> A brochure with practical advice for mothers of multiples. Photos show different positions for nursing two babies at the same time, plus there's information on pumping, family support and resources (1/02). Order from <u>WIC Warehouse</u>. Use Texas WIC Materials Order Form.</p>
(see web site address)	<p><i>WIC Web Site, Breastfeeding Education Page: Frequently Asked Questions and Answers</i> – Print questions and answers from this web page and give to participants as handouts. Go to www.tdh.state.us/wichd/bf/bfedu.htm</p>

Breastfeeding Resources for Staff

Staff Resources– Printed Materials

Breastfeeding Promotion and Support Module (Stock #13-27-1). Topics include: reasons to breastfeed, milk production and components, getting started, common breastfeeding concerns, concerns that may need medical attention, pumping, breastfeeding myths, frequently asked questions and breastfeeding promotion information.

Accompanying Answer Key (Stock #13-27-3)

Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Breastfeeding Kardex: Guidance for Counseling the Breastfeeding Mom

(All local agencies received one book per clinic in 1998; no more are available from Texas WIC.).

Contact the Office of the Maryland WIC Program, 410-767-5242.

The Breastfeeding Answerbook,

La Leche League International, Revised Edition, January 1997.

Contact La Leche League at 847-519-9585 or go to: www.lalecheleague.org .

Breastfeeding Fact Sheets

Fact Sheets cover various breastfeeding topics. Order from WIC Warehouse. Use Texas WIC Materials Order Form.

- Contraception and Breastfeeding, (Stock #13-6)
- Breastfeeding the Sleepy Newborn (Stock #19)
- Oversupply Syndrome and Overactive Let-Down Reflex (Stock #13-06-11017)
- Normal Breast Fullness, Engorgement, Plugged Ducts and Breast Infections (Stock #13-06-11018)

WIC Breastfeeding Peer Counselor Manual for Counselors – (Stock #13-06-11342, #13-06-11342a).

Also available on-line at www.tdh.state.tx.us/lactate/peer.htm .

Medication and Mothers' Milk

by Thomas Hale, 2000. Amarillo, TX: Pharmasoft Medical Pub.

Breastfeeding: A Guide for the Medical Profession

by Ruth A. Lawrence, 1994. St. Louis: Mosby, Inc.

Breastfeeding and Human Lactation

by Jan Riordan and Kathleen G. Auerbach, 2nd ed., 1998. Toronto: Jones & Barlett Pub.

Staff Resources – Printed Materials (continued)

Clinical Lactation: A Visual Guide

by Kathleen G. Auerbach and Jan Riordan, 2000. Toronto: Jones & Bartlett Pub.

Breastfeeding the Newborn: Clinical Strategies for Nurses

by Marie Biancuzzo, 1999. St. Louis: Mosby, Inc.

Breastfeeding: Conditions and Diseases

by Anne Merewood and Barbara Philipp, 2001. Amarillo, TX: Pharmasoft Medical Pub.

Powers and Moore's Food-Medication Interactions 11th ed.

by Zaneta N. Pronsky, MS, RD, FADA, Published by Food-Medication Interactions, December, 2000.

For information, call 800-746-2324 or go to www.foodmedinteractions.com.

Breastfeeding Telephone Resource Card (Stock #13-132)

Rolodex card lists the telephone numbers for Lactation Study Center, La Leche League Hotline, 24-hour Breastfeeding Help and Information and State WIC Breastfeeding Promotion Section (10/99). Order from WIC Warehouse. Use Texas WIC Materials Order Form.

Staff Resources - Web Sites, Phone Numbers

Texas WIC Web Site: Breastfeeding Information: www.tdh.state.tx.us/wichd/bf/bf1.htm

Includes frequently-asked questions, information about pumping, information for health professionals who counsel new moms, a Texas Lactation Support Directory, breastfeeding links, position statements on infant feeding and more.

La Leche League Web Site: www.lalecheleague.org

La Leche League Hotline: 1-800-525-3243

Lactation Study Center: 1-716-275-0088

Mom's Place/Texas Breastfeeding and Information Hotline: 1-800-514-6667

State WIC Breastfeeding Coordinator: 1-512-458-7444